

COMMUNITY MENTAL
health
HEALTH CENTER
Annual Report 2008-2009

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www.lancaster.ne.gov/cnty/mental

Mission Statement:

The Community Mental Health Center of Lancaster County is dedicated to providing quality mental health care and rehabilitation services for adults who experience acute psychological distress or serious mental illness.

Programs & Services

- ◆ **Community Support** - Case management and services to adults and vulnerable elderly through the Harvest Project, and residential support services at The Heather, Independent Living Project, and Transitional Living for adults with severe and persistent mental illness.
- ◆ **Medical Services** - Outpatient psychiatric services for CMHC consumers including assessment, therapy, medication education and management, and inpatient psychiatric care.
- ◆ **Outpatient Therapy** - Individual and group therapy sessions focused on symptom alleviation, stabilization, and recovery.
- ◆ **Day Treatment / Partial Hospitalization Program** - Short term, intensive treatment provided through group formats, 6 ½ hours daily, Monday - Friday. May serve as an alternative to inpatient treatment or as a step down for individuals making the transition from a hospital setting to the community.
- ◆ **Day Rehabilitation** - The Midtown Center, open Monday - Saturday, is a psycho-social rehabilitation program engaging consumers in vocational activities. Employment and benefits counseling, job placement and training for consumers of CMHC services are also available through the AWARE program.
- ◆ **Homeless / Special Needs Outreach** - Outreach and case management for adults who have a mental illness and are homeless, or near homeless or in contact with the criminal justice system.
- ◆ **Psychiatric Residential Rehabilitation** - The Heather is a structured residential facility operated by the Lincoln Regional Center, CMHC, and OUR Homes as a residential transition from the Lincoln Regional Center back into the community.
- ◆ **Crisis Center** - The Crisis Center is an assessment and stabilization facility for adults placed on emergency protective custody by law enforcement in the 16 Counties of Region V.
- ◆ **Peer, Volunteer & Student Placement** - Students, volunteers, and peer recovery specialists augment the work of CMHC staff members in social and recreational activities, treatment and rehabilitation services.
- ◆ **Behavioral Health Jail Diversion Program** - Partially funded by the Bureau of Justice Assistance. The Program seeks to identify and divert individuals from jail with a mental illness or co-occurring disorder who have committed a non-violent offense. The Program then links these persons to an array of community-based services with intensive case management.
- ◆ **Open Studio/Writers Workshop** - The Open Studio/Writers Workshop is a collaborative effort by CMHC, Centerpointe, and Parks and Recreation for adult artists and writers we serve. Open-studio sessions, workshops, readings, and four to five exhibitions each year are provided to those using the arts as a means of expression and maintenance of wellness.
- ◆ **PIER** - The PIER Program is designed to serve individuals who have not responded well to traditional outpatient care. Services are provided to the client in their home and the community. Office is at 2000 P Street. Phone number - 435-4044.
- ◆ **24 hour Crisis Line/ Mobile Crisis Service** - Crisis assessment, intervention, and information available 24 hours by phone. Mobile services available to law enforcement or agencies requesting consultation / intervention **(441-7940)**.

Lancaster County Board of Commissioners

Bernie Heier

Larry Hudkins

Deb Schorr

Ray Stevens

Bob Workman

Strengths-Based

Quality Care

Recovery

Hope

Wellness

Access

Choice

Services accredited by:



CMHC is funded by Region V Systems,
State of Nebraska, Federal, the
City of Lincoln and Lancaster County

Persons Served

Duplicates included

Demographics

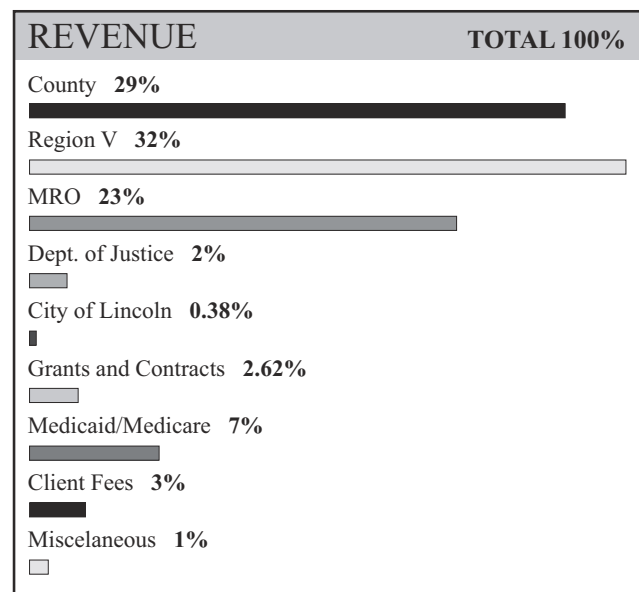
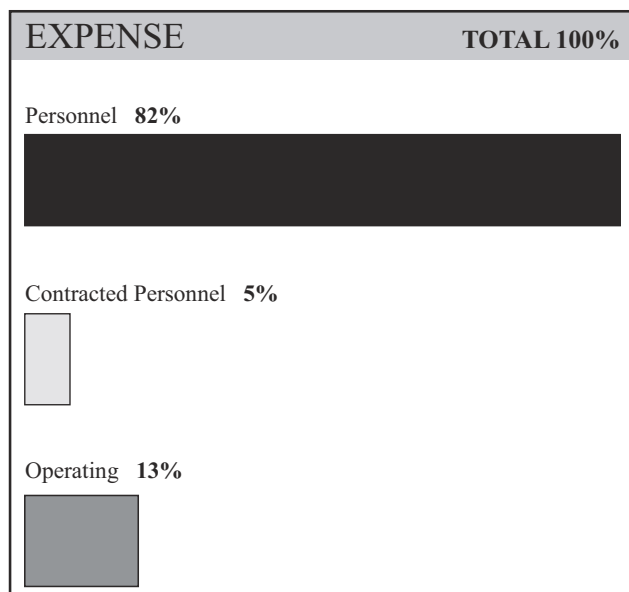
N = 4,571

Program	Number
Community Support	819
Medical Services	1,625
Inpatient Psychiatric Services	182
Outpatient Therapy	863
Day Treatment	211
24 Hour Crisis Services	5,690
Day Rehabilitation Services	212
Homeless /Special Needs	298
Psychiatric Residential Rehabilitation	29
Crisis Center	666
Vocational Support	61
Harvest Project *	141
Mental Health Jail Diversion **	51
PIER ***	79
Open Studio /Wordshop ****	216
Total number served	11,143

48% **52%**
Women **Men**

Age	
18 - 34	31%
35 - 49	40%
50+	29%

Caucasian **86%**
Black **5%**
Hispanic **4%**
Other **2%**
Native American **2%**
Asian **1%**

\$9,790,135

*Collaborative Project with Area Agency on Aging and CenterPointe, Inc.

**Bureau of Justice Assistance Grant

*** A collaborative project with CenterPointe and Lutheran Family Service

**** A collaborative project with CenterPointe and Lincoln Parks and Recreation